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DIFFERENT TUNE FOR SEASON 2 {page 14}

ON THE LINE
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Bieber. Fever

▶ Four-year-old Calla Bailey preps for her first-ever concert yesterday.

DARREN KRAUSE/METRO CALGARY

Fans of Biebs come in all ages

Thousands of Calgarians lined up, some hours before the concert, to bask in the atmosphere around the arrival of Justin Bieber's show last night at the Pengrowth Saddledome. For story and photo gallery, visit metronews.ca/calgary.

No charges likely over party

Some upset at labelling of weekend event as rave {page 3}

Google adds layer of security

Email measures beefed up to prevent hackers {page 11}

Frenzied day at city hall

▶ Nomination day sees steady stream of candidates for Oct. 18 civic election ▶ Candidates have until noon today to withdraw from municipal races

Take away a few, add a couple more, divide by three and you have your roster of candidates for mayoral race.

And that was just the beginning of yesterday's nomination day frenzy at city hall.

The unofficial-official nomination list, with 139 mayoral, alderman and school board candidates, was sent out last night and besides the big names citizens have grown accustomed to, a couple of lesser-known names like Sandra Hunter and Amanda Liu jumped into the mayoral fray.

Kent Hehr dropped the big surprise of the day as he declared early yesterday he was dropping out of the race, citing recent fourth place polling results.

"This world is full of people who delude themselves, people who chase at windmills, and I'm not going to be one of them," he said. Another surprise was former Ward 11 alderman Barry Erskine, who threw his hat into the crowded mayoral ring. "I may be a dark horse but maybe I can stir things up a little bit," he said as he signed his nomination papers.

Rundown

- Three Catholic trustees have been acclaimed.
- Parents advocate Laura Shutiak is taking on Calgary Board of Education chair Pat Cochran.
- Joe Connelly and Wayne Stewart were rumoured to drop out of the mayoral race but neither did.
- Derek McKenzie also dropped out of the race and endorsed Naheed Nenshi.
- Seventeen candidates initially said they would run for mayor.
- Two hundred information packages for candidates were given out by the city since June.

Perhaps most unusual is the fact nobody is acclaimed for the city's 14 wards — unlike in past elections — and that will make things interesting, according to political pundits. ● KRISTA SYLVESTER

MORE COVERAGE, PAGE 4

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GREENPEACE PROTEST

Too many rubber stamps for oilsands: Group

Greenpeace has delivered a giant "rubber stamp" to the Calgary office of Alberta's energy regulator to mock its high approval rating of oilsands projects.

Greenpeace says the Energy Resources Conservation Board has never turned down a proposal for development in northern Alberta.

The rubber stamp is as big as a coffee table and has the word "approved" emblazoned on the bottom and side.

Greenpeace made the delivery on the eve of a board hearing into a proposal by French oil giant Total for a new oilsands mine.

THE CANADIAN PRESS

Mayoral race kicks into high gear

KRISTA SYLVESTER/METRO CALGARY

▶ Mayoral candidate Barb Higgins delivers her nomination package to city hall officials yesterday.

Mayoral candidates pay a $500 fee and must submit a petition signed by 100 people

KRISTA SYLVESTER
@METRONEWS.CA

One says it's a two-horse race, the other says it's a three-horse race — but both are chasing the front-runner's position.

As Naheed Nenshi and Barb Higgins filed their nomination papers yesterday morning, both of them were grilled by the media on why they were the best candidates for the job.

Nenshi isn't concerned he's polling third behind Higgins and perceived front-runner Ric McIver, but pointed out he still has four weeks to go.

"Look at Edmonton's Mayor Stephen Mandel and Toronto's mayor; they both were in my position and look where they ended up," Nenshi said.

For her part, Higgins shrugged off being labelled by her opponents as inexperienced and said now is the time she will get out there and let people know where she stands.

"I'm doing what I've done for the last two decades — and it's getting out and talking to people," Higgins said.

Joe Connelly dispelled rumours he was reconsidering his run at the top job and filed his mayor nomination papers — and he also says he has lots of time to catch up.

"Now's the time the race really gets started."
JOE CONNELLY, MAYORAL CANDIDATE

Arson charges for pair of men

Police say two men put their neighbours at risk by allegedly causing two drug-related fires in separate incidents. Police have charged both men with arson in both incidents stemming from August fires, one in McKenzie Lake and one in the 100 block of 41 Ave. NW. Both men suffered extensive burns to their bodies, said Insp. Grant Miller.

"It doesn't happen every day, but it does happen in the city," Miller said of the two incidents. Police say the men were allegedly manufacturing hash oil and using a process involving butane. KRISTA SYLVESTER

Suspects

Aaron Van Male, 23, faces one count of production/manufacturing and one count of arson — disregard to human life. William Robert Lewis, 41, faces the same charges in the other incident, in which several people escaped the home without injuries.

Cops seek tips in carjacking

A woman escaped injury after her car was allegedly stolen from the 3300 block of 64 St. NE just before 5 a.m. yesterday. The car was a silver Pontiac G5. Anyone with information can call police at 403-266-1234. METRO CALGARY

New twist in Del Pinto murder

The police sergeant accused in the murder of Leo Del Pinto is also under suspicion in the murder of his wife, according to Global News Calgary. Del Pinto was travelling in Thailand when he was shot and killed. METRO CALGARY

THE CANADIAN PRESS

▶ Ron Liepert

Oilsands a 'jewel': Minister

The oilsands were called a "Canadian jewel" yesterday by a trio of Alberta cabinet ministers dispatched to Toronto to scrub clean the "dirty oil" image of oilsands development.

"My role on this mission is to bring some balance into this discussion," said Rob Renner, the province's environment minister.

"I think that there is an impression left out there that this is the Wild West, unregulated.

"Nothing could be further from the truth."

The Alberta team, rounded out by Energy Minister Ron Liepert and Intergovernmental Relations Minister Iris Evans, will spend several days in Central Canada spreading what it calls "Alberta's story."

The Canadian Energy Research Institute, they noted, estimates the oilsands will create $307 billion in tax revenue across Canada over the next 25 years.

Some 23 per cent of oilsands-related employment is generated outside the province, the ministers added.

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Civic Camp candidate series begins

Three ward races are open due to Hawkesworth, Connelly and McIver running for mayor

KRISTA SYLVESTER
@METRONEWS.CA

KRISTA SYLVESTER/METRO CALGARY

▶ Ward 8 candidates speak at city hall last night.

For some people, choosing their next alderman is as important, if not more, than choosing the city's next mayor.

Last night was the kick-off to Civic Camp's 15 candidate forums and about 100 people were able to listen and get to know their future Ward 8 alderman and it was an informative night, according to one constituent.

"It's important to get to know these people because they are who will represent you and they are the people you will communicate with after they are elected," Daorcy Le Bray said.

Some think aldermen may have a tough time getting re-elected considering the discontent amongst voters as of late, but most aldermen acknowledge it will take hard work to win the voters back.

"I think that some aldermen will have a harder time, depending on how they voted on certain issues," Ward 10 Ald. Andre Chabot said.

But Le Bray, who follows politics closely, believes aldermen have experience on their side.

"I think it's easier for them to get re-elected than to lose, because they have a proven track record."

Ward 11. Ald. Brian Pincott agrees with Chabot and said some aldermen face a tough time, but he says it's a positive sign that people are engaged this time around.

Dudes. Nice shoes

▶ Ken Rudderham and the cigar-smoking ladies from the Calgary Chuck Wagon Association.

MONIQUE MASSIAH/METRO CALGARY

Walking a Mile in her shoes

Hundreds of men paraded around Olympic Plaza in high heels yesterday at noon, raising funds to help the YWCA and the fight against domestic violence.

Gas leak prompts Lilydale evacuation

Workers at the Lilydale poultry plant in the city's southeast were forced to evacuate after carbon dioxide gas leak yesterday morning.

Fire and EMS crews were called to the 2126 Hurst Rd. SE location and the structure was ventilated and evacuated. EMS treated five people on scene and sent one to hospital.

Carbon dioxide, used in the packaging process, can displace oxygen and affect respiration, according to fire officials.

Employees were able to return to work within an hour.

METRO CALGARY

300

The number of employees evacuated from the Lilydale plant yesterday morning.

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Man to blame caffeine in murder defence

Defendant tested negative for amphetamine-type substances shortly after the killing: Prosecutor

A Kentucky man accused of strangling his wife is poised to claim excessive caffeine from sodas, energy drinks and diet pills left him so mentally unstable he couldn't have knowingly killed her, his lawyer has notified a court.

Woody Smith, 33, is charged with murder in the May 2009 death of Amanda Hornsby-Smith, 28.

Defence lawyer Shannon Sexton filed notice with the Newport court of plans to argue his client ingested so much caffeine in the days leading up to the killing that it rendered him temporarily insane — unable even to form the intent of committing a crime.

Smith told Dr. Robert Noelker, a psychologist from Williamstown hired by the defendant, he remembers taking his children to school that morning.

But Smith remembers little else about the ensuing hours.

In the weeks preceding May 4, 2009, Woody Smith told Noelker he hadn't been sleeping, in part out of fear his wife would take their two children and leave him.

"The next several hours of Mr. Smith's life were described to me as if he were in a daze," Noelker wrote in a report.

THE ASSOCIATED PRESS

Caffeine defence

- **Precedent** A legal strategy invoking caffeine intoxication is unusual but has succeeded at least once before, in a case involving a man cleared in 2009 of charges of running down and injuring two people with a car in Washington state.
- **Medical diagnosis** Dr. Roland Griffiths, a professor of behavioural biology at Johns Hopkins University, has noted in a study that there is a diagnosis for "caffeine intoxication," which includes nervousness, excitement, insomnia and possibly rambling speech.

UN. Maternity

▶ A woman holds her newborn child after being discharged from a government maternity hospital in Katmandu, Nepal.

GEMUNU AMARASINGHE/THE ASSOCIATED PRESS

UN to address fatal pregnancies

In Nepal and across the world are success stories in the battle against maternal mortality. But as the UN hosts a summit this month to review progress in easing the world's humanitarian crises, it faces a troubling reality: Hundreds of thousands of pregnant women still die unnecessarily every year.

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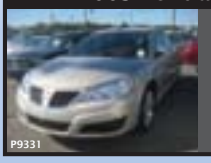
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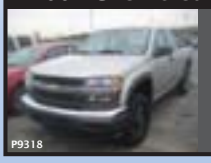
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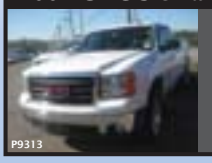
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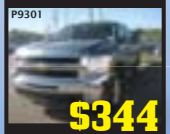
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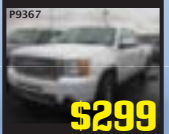
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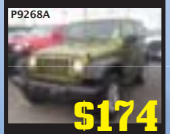
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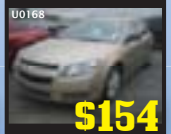
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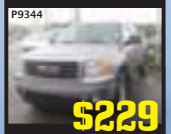
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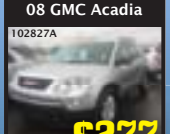
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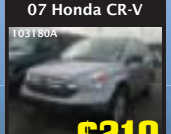
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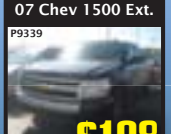
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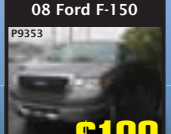
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Flu shot linked to lower heart attack rates

Earlier vaccination appears more protective than later flu shot H1N1 shot not included in testing

Getting a seasonal flu shot may not only prevent influenza — it may also stop some people from having a heart attack, new research suggests.

In a study of almost 79,000 patients at 379 family practices in England and Wales, researchers found annual flu vaccinations were associated with a significant drop in the rate of a first heart attack.

"Flu vaccination is obviously given to prevent flu and complications of flu where you may need hospitalization," said lead author Dr. Niroshan Siriwardena, a family practitioner and a researcher at the University of Lincoln.

PAWEL DWULIT/THE CANADIAN PRESS

Nurse Laura Gill

"But now the findings suggest there's an additional benefit in terms of reduction of heart attacks," he said.

The 2001-2007 study found that influenza vaccination within the previous year was associated with a 19 per cent reduction in heart attacks, while a flu shot in the current season was linked to a 20 per cent drop.

To conduct the study, researchers looked at almost 79,000 patients aged 40 years or older, of whom 16,012 had had a heart attack. THE CANADIAN PRESS

21%

Getting inoculated between September and mid-November was associated with a 21 per cent reduction in the heart attack rate.

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Sweden gets a reality check

Far-right surge shatters image as immigrant haven

A far-right group's election breakthrough has shattered Sweden's self-image as a bastion of tolerance, somehow inoculated against the backlash on immigration seen elsewhere in Europe.

Sunday's ballot showed the country's welcome to refugees is not universally accepted: nearly six per cent of the population voted for a nationalist group that accuses immigrants — especially Muslims — of eroding Sweden's national identity and its cherished welfare state.

FREDRIK SANDBERG/AP PHOTO/SCANPIX SWEDEN

▶ Jimmie Akesson, Sweden Democrats

It's a bitter pill for a nation that frowned upon Denmark's vitriol toward Muslim immigrants, Swiss attempts to ban minarets and France's crackdown on Gypsy camps.

"The banner of tolerance has been hauled down and the forces of darkness have finally taken the Swedish democracy hostage," the Expressen tabloid wrote.

Hardening attitudes toward immigrants have helped radicals gain influence in other western European countries.

THE ASSOCIATED PRESS

Swimming. Achievement

▶ Phillipe Croizon, a Frenchman whose arms and legs were amputated, holds a French flag during a press conference in Wissant, northern France, yesterday.

MICHEL SPINGLER/THE ASSOCIATED PRESS

Crossing the Channel

Phillipe Croizon crossed the English Channel over the weekend using leg prostheses with flippers attached. Croizon, 42, had expected the crossing to take 24 hours, but instead it took 13 and a half.

Air India bomb maker accepts fate

Convicted bomb maker Inderjit Singh Reyat didn't flinch when he heard the word "guilty" in court Saturday, nor when a judge said he'd be held in custody pending a sentencing hearing for a perjury conviction. His third conviction could be the last chapter in the Air India saga. THE CANADIAN PRESS

19

The Crown accused Inderjit Singh Reyat of lying 19 times to minimize his involvement in the bombings.

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China. Rivalry

▶ People use computers at an Internet cafe in Fuyang, central China.

THE ASSOCIATED PRESS FILE PHOTO

Website tries to defend market share

Google is hiring dozens of marketing and technical employees in China to defend a shrinking market share against local rivals after closing its Chinese search engine six months ago tomorrow.

Google beefs up anti-hacker measures

Index of web pages is the largest in the world, comprising of billions of web pages

Google is making it tougher for computer hackers and other imposters to break into email accounts and other password-protected services.

An additional security measure introduced Monday will require typing a six-digit code after an accountholder's Google password is entered. The codes will be sent to people's mobile phones.

The two-step login means it will take more than a password to get into an account.

The extra protection initially will be offered to companies and government agencies subscribing to a Google service that provides email and other office applications. Google Inc. also is offering the added security to schools that rely on Google to run their email.

People using Google's free Gmail service will be able to make the security codes part of their login process within the next few months.

THE CANADIAN PRESS

Wireless prices should stay low: New study

New wireless companies will need to keep their prices low to gain a significant number of subscribers, putting pressure on the established carriers to defend their turf, says an industry study released yesterday.

The Convergence Consulting report forecasts that average revenue per user at Canadian wireless services will decline by one per cent this year, following a three per cent decline in 2009.

The decline is mainly due to lower revenue per user from voice services, which are projected to drop by seven per cent this year, following a nine per cent decline last year as the new entrants began to enter the market, the report says.

"If the new entrant wireless independents do not sustain lower prices they will not gain a significant number of subscribers," said the report by the Toronto-based Convergence Consulting Group Ltd.

It's forecasting that by the end of this year it will be 31 per cent and 60 per cent by year-end 2014.

THE CANADIAN PRESS

ANDREW WALLANCE/TORSTAR NEWS SERVICE

▶ Wind Mobile's HTC Maple phone

Convergence

Convergence Consulting projects that recently launched companies such as Wind Mobile, Mobilicity, Public Mobile and others will have six million subscribers, or 18.6 per cent, of Canadian wireless subscribers by the end of 2014.

- **Entrants** The Convergence Consulting Group said with four of the six key new entrants having launched, as well as Bell repositioning Solo and Rogers launching discount brand Chatr, both data and voice pricing are under attack.
- **Exclusive** Quebecor's Videotron recently launched its wireless service only in Quebec.

Price hurts electric car sales, say experts

Cost is still the major factor dissuading consumers from buying electric vehicles, industry insiders say.

And until producers can find a cheaper battery — or until gasoline prices soar — zero-emission vehicles will remain a niche market, they say.

THE CANADIAN PRESS

Group: U.S. recession ran 18 mos.

The longest recession the United States has endured since the Great Depression ended in June 2009, a group that dates recessions declared. The National Bureau of Economic Research, a panel of academic economists based in Massachusetts., said the recession lasted 18 months.

THE ASSOCIATED PRESS

Market moment

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GETTING PERSONAL WITH PERSONNEL

She says ...

JESSICA NAPIER

Nothing spices up a boring work week like lusting after a good-looking cubicle mate.

Working in close proximity to a hunky colleague transforms a dull office environment into a flirtatious playground. And while some people might never get beyond innocent banter at the photocopier, there are more and more individuals turning their workplace crush into a full-blown romance.

Most of us spend 40-plus hours a week at work and, as a result, our offices have become the default place to meet potential partners. Mixing pleasure with business certainly has its benefits. Who wouldn't want a standing lunch date or an opportunity to indulge in a mid-week (hump-day) quickie in the conference room?

But is coupling off with a co-worker always a good idea? Of course not. Intra-office love affairs may have their perks but a convenient fling could turn into a major career faux pas if you're not careful.

"Intra-office love affairs may have their perks but a convenient fling could turn into a major career faux pas if you're not careful."

Before you take your office crush to the next level, brush up on the company's official policy when it comes to employee relationships. Is there something specific about this in the HR handbook or is it just "frowned upon?" Make sure you have a clear understanding of the consequences before you risk your career for a tryst with a sexy desk buddy.

Regardless of whether there are formal rules against it, entering into a relationship with a co-worker requires some serious consideration.

If you do decide to begin dating, be sure to exercise some discretion around your co-workers. Then again, you have to realize that while you might try to keep it a secret initially, your colleagues will inevitably find out. When they do, you'll have to be ready for your private life to become hot gossip for the office rumour mill.

Ultimately, it's up to you to determine if the pros outweigh the cons when it comes to an after-hours romance. A serious love affair might be worth the trouble but a casual fling, while sexy and convenient, probably won't justify the potential fallout. Think about it — do you really want to spend eight hours a day working with your ex?

Sure, when it's good it might be really good — but if it all goes horribly wrong, you just might need to quit your job. Breakups are bad enough, but when you simultaneously lose a relationship and a paycheque the results can be devastating.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Don't blame vegetarians

Letters & Tweets

Re: 5 worst foods (Sept. 20)

TORONTO. It's incorrect to blame tofu-eating vegetarians for the decimation of South American rainforests. The vast majority of the soy grown is used for cattle feed to produce beef, listed as your No. 1 worst forest food. As the United Nations' report Livestock's Long Shadow pointed out, the animals-for-food industry creates more greenhouse gas equivalents than all the cars, trucks, ships and airplanes in the world combined. On the other hand, a vegetarian or vegan diet is the best diet for minimizing one's ecological footprint. **MICHAEL HAYWARD**

VANCOUVER. With the recent debate on the gun registry, I have only one thing to say. I am tired of political posturing along party lines. I don't support the registry.

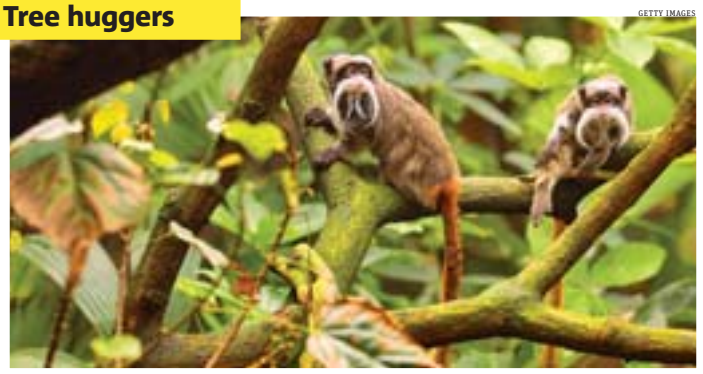
Every poll I have seen says it is useless; and I believe so as well. Can we all work together for once instead of having the party brass dictate the outcome? **DAVID NAGY**

We asked: What food can you absolutely not stand to eat.

TORONTO. I absolutely can't stand to eat okra. **JHOBELL FAUSTINO**

Tree huggers

GETTY IMAGES



What was your favourite game as a child? Why?

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Metro Minute with David Suzuki

Join famed activist and author David Suzuki, host of the CBCs The Nature Of Things, at Knox United Church today for his cross-Canada book tour. Suzuki will be presenting and signing his latest written work, The Legacy: An Elder's Vision For Our Sustainable Future. Copies of the book will be available for purchase courtesy Pages Books on Kensington. As part of celebrations for the 15th annual WordFest from Oct. 12-17, Calgarians will have a chance to meet and pick the brain of our most notable Canadian environmentalist. Tickets can be purchased in advance for $15 and at the door for $20. For more information, contact WordFest at 403-237-9068. **METRO CALGARY**

CONTRIBUTED

▶ David Suzuki will be in Calgary today at Knox United Church for a stop on his cross-Canada book tour.

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2 scene

In brief

Paris Hilton acknowledged yesterday that she had cocaine in her purse and pleaded guilty to two misdemeanour charges stemming from her arrest last month at a Las Vegas hotel-casino. She will serve a year of probation and must complete a drug abuse program.
THE ASSOCIATED PRESS

Stevie Wonder urges UN diplomats to pass treaty for helping the blind or face his musical wrath

Will Fox's hit TV musical turn grimmer in its sophomore season? Campus crisis, new students and football coach bring fresh sensibility

▶ Fox's own high school musical Glee is back for its second season.

Golden Glee back for more

Glee returns for its sophomore year with a new football coach, two new ear- and eye-catching students, and an identity crisis for big man on campus Finn.

There's also something of an identity crisis for Fox TV's hit series as trouble comes fast and furious for the McKinley High glee club and its members in today's debut episode.

"Let's show them how down we are," says glee club director Will Schuester (Matthew Morrison), challenging his students to stage a number that will persuade others to join the club branded as a way station for losers.

Instead, the hour itself verges on being a downer. Will goes to the dark side with cheerleading coach Sue Sylvester, Rachel's self-absorption becomes ickier and a molestation accusation is played with a wink.

But there's still joy to be had in the series that was nominated for a best comedy Emmy Award, losing last month to Modern Family, as the glee clubbers make the most of Empire State of Mind and Lea Michele, as Broadway-bound belter Rachel, owns (no surprise) What I Did for Love.

There's also the introduction of two fresh-faced students with singing chops: an exchange student with a big smile and bigger voice (played by teenage pop star Charice, whose fan club includes Oprah Winfrey); and a golden-boy athlete (Chord Overstreet of iCarly, with cuteness of Justin Bieber dimensions).

The other McKinley newcomer is a female gridiron coach with a winning record, who quickly proves a formidable rival for Cheerios chief Sue.
THE ASSOCIATED PRESS

▶ Lady Gaga

Lady Gaga rallies for change in gay policy

Lady Gaga wants Maine's Republican senators to cast votes this week to help repeal the military's "don't ask, don't tell" policy on gays. The Grammy Award-winning pop singer will attend a rally organized by Servicemembers Legal Defence Network on Monday in Deering Oaks Park, near the University of Southern Maine's Portland campus.

Lady Gaga is expected to stand alongside veterans who were discharged because of the policy, which prohibits service members from revealing if they're gay, the group said. The policy also bars military recruiters from asking about people's sexual orientations.

A proposal to repeal the "don't ask, don't tell" policy is attached to the defence authorization bill, which Democrats will try to bring to a vote this week.

Democrats need 60 votes today to cut off debate and proceed to the bill, again putting Republican Sens. Olympia Snowe and Susan Collins of Maine in the role of casting what could be deciding votes in the Senate, said Trevor Thomas, spokesman for Servicemembers Legal Defence Network.
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DVD Releases this week Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

In the days of bore

Robin Hood
Genre: Action
Director: Ridley Scott
Stars: Russell Crowe
●●

The swash buckles under the weight of heavy verbiage in Ridley Scott's well-intended but weakly executed retelling of the ancient woodland hero legend.

The avowed point of this umpteenth version of Robin Hood is to get back to basics, just as the James Bond franchise did so spectacularly with Casino Royale.

Indeed, Scott's vision is so down and dirty, his Robin (an unconvincing Russell Crowe) has to be told to take a bath at one point, because he smells so badly.

But it's hard to be simple when the characters are hobbled by Brian Helgeland's leaden screenplay, which clumsily combines historical fact about cross-Channel antagonism and British domestic concerns about excessive taxation and human rights with the almost complete fiction of Robin Hood and his romancing of Lady Marion.

Helgeland puts great gobs of exposition into the mouths of the actors while advancing the story at a snail's pace. Despite a running time of 2 hours and 20 minutes, the film ends at the point where Robin Hood is given his full name and recognition.

The film is entirely back story, spending almost as much time building up Lady Marion (Cate Blanchett) as it does illuminating Robin's growth from abandoned child into the rebel challenger of cruel British monarch King John (Oscar Isaac).

Depending on which package you purchase, extras include the unrated director's cut, deleted scenes and making-of featurettes.

PETER HOWELL

The Secret In Their Eyes
Genre: Foreign
Director: Juan Jose Campanella
Stars: Ricardo Darin, Soledad Villamil
●●●●½

This riveting police thriller from Argentina, the Best Foreign-Language Film winner at the most recent Academy Awards, is more macho than a bullfighter's stance.

You can imagine Ricardo Darin's weary detective Benjamin Esposito being played by Al Pacino or Gene Hackman in their 1970s heyday, the decade where the movie is primarily set.

Juan José Campanella's film begins in 1999, but there are extended flashbacks to a 1974 crime investigation.

A quarter-century after his crime-busting heyday, retired investigator Esposito decides he wants to write a novel about an unresolved Buenos Aires rape-murder case that still haunts him. There may have been a travesty of justice.

He visits his former boss Irene Menéndez Hastings (Soledad Villamil), now a powerful judge, who is still a beauty and still a blend of fire and ice. Esposito had feelings for her that the years haven't dimmed.

They both have vivid memories of 1974, the year a husband returned from work to find his young wife raped and murdered. Esposito was a cocky young investigator then, teamed with a comical partner named Sandoval (comedian Guillermo Francella), who had to be pulled out of the bar every time he was needed.

The partnership provides some valuable comic relief, but this is no buddy-cop picture. As Esposito and Sandoval pour over clues new and old — including photographs that give the film its noirish title —they traverse dark alleys that bear the figurative flat footprints of a Popeye Doyle or Frank Serpico.

The Secret in Their Eyes takes turns that few could see coming. Consider yourself warned, but also intrigued.

Extras include a director's commentary and making-of featurettes.

PETER HOWELL

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TV picks

A song for every subject

MUSICAL. Glee is back for a second season with the glee club kids returning from summer break. A couple of new students are introduced, including one played by pop singer Charice.

- **Glee**
  Comedy
  Global

Canuck hilarity in Shanghai

THE RANT. Check out Expo 2010 in Shanghai in the season premiere of The Rick Mercer Report. Mercer tours the city with Canadian comic Mark Rowswell, aka Dashan, who's sometimes called the most famous foreigner in China.

- **The Rick Mercer Report**
  Comedy
  CBC

THE CANADIAN PRESS

Always room for funny business

The seventh season of CSI:NY returns this Friday night on CTV • Few changes in store

CSI: New York star A.J. Buckley is the resident comedian on a show that will never, ever be mistaken for a comedy. Still, he's good with that.

"If you look at the first season of CSI, it was darker, gloomy and really depressing. Not even one joke," says Buckley who plays scientist Adam Ross on the series.

"I think my character came on in the second season as sort of the light in the darkness. Whenever there's a heavy bit, I show up to crack a joke."

Still, a "joke" on CSI: NY — which begins its seventh season this week — ain't exactly your usual knee slapper.

"Sometimes the comedy is just in the scientific jargon. Make it funny they say. And I'm like — just how do you do that? I read them and think – what the hell am I saying?"

A.J. Buckley.

Buckley, who was born in Ireland and raised in British Columbia, says changes for the newest season of CSI: NY will be minimal. Original cast member Melina Kanakaradis (who played Stella) has left the show however, and will be replaced this season by Sela Ward.

Which is too bad for Buckley's character — who had a one-nighter with Stella last season.

"You sleep with me, you leave the show," jokes Buckley. "Naww, it was sad to see Melina go. But Sela Ward brings an incredible new dynamic."

Staying with the funny, Buckley recently wrote/directed and starred in an internet side project, GhostFacers. It's based on Ed Zeddmore, a character Buckley played on the popular series Supernatural.

A silly parody of paranormal reality series like Ghost Hunters, GhostFacers has become an internet hit in the last year. More webisodes are already in the works.

"GhostFacers — we're the real ghost hunters," Buckley insists. "They've never even seen a ghost. We've caught ghosts. One of our guys was actually killed by a ghost."

IAN JOHNSTON

Baby drama in Philadelphia

Kaitlin Olson was glad when her real-life pregnancy became part of the story last season on It's Always Sunny in Philadelphia so she could stop hiding it. But she's keeping the secret of her character's baby daddy.

"I can't tell you. People are trying to get it out of me," Olson said.

Off-screen, Olson is playing mom to Axel Lee McElhenney, born Sept. 1 to her and husband Rob McElhenney, who created and also stars on It's Always Sunny in Philadelphia. THE ASSOCIATED PRESS

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Clooney misses the message

But it's loud and clear to girlfriend Elisabetta

George Clooney received a hero's welcome when he visited the tiny Italian hometown of girlfriend Elisabetta Canalis recently, according to People magazine, with crowds coming out to meet him and take photos. One of the residents of Trenuraghes even handed the star a baby to pose with.

"He looked rather awkward with the 7-month infant in his arms, but he posed politely and carefully handed the baby back," a source says. "One of the older women there shouted, 'Ora tocca a te!' ['It's your turn now!']. Clooney obviously didn't understand, but everyone turned to look at Elisabetta. She simply smiled."

METRO

▶ George Clooney and Italian girlfriend Elisabetta Canalis

Arrest warrant issued after Lohan fails drug test

A Beverly Hills judge has issued an arrest warrant for Lindsay Lohan after the actress failed a drug test.

The 24-year-old has been ordered to appear in court Friday and is now facing possible jail time for violating her probation.

Officials at Los Angeles County Superior Court say a bench warrant was issued Monday for Lohan. However, authorities say Lohan won't be taken into custody pending the court hearing Friday.

Lohan confirmed on her Twitter page last week that she failed a court-ordered drug and alcohol screening.

Lindsay Lohan

A judge had threatened her with 30 days in jail for each probation violation.

Lohan spent two weeks in jail this year after violating probation stemming from convictions involving her 2007 arrests for drug use and driving under the influence.

Meanwhile, Matthew Wilder, director of Lohan's planned comeback film Inferno, is "stunned" by the news of the failed drug test. "Hopefully we can work this out and we are still trying to get to the bottom of what has happened," he tells Radar Online.

THE CANADIAN PRESS

Talking points

Has Seacrest found his idol?

DANCING. Ryan Seacrest is reportedly ready to propose to Julianne Hough, according to Popeater. "Things are really heating up between them," a source says. "We have never seen him like this before.

For the first time ever, he is taking a second away from work. We never thought he would ever meet anyone he liked as much as he does working, but now he has."

And Seacrest isn't the only one sold on the Dancing with the Stars star. "Ryan's parents adore her," another source says.

"She is smart, beautiful and funny but even more important, she has made their son happy. Now, they are just waiting for him to pop the question. Which could be any day now."

METRO

Usher just doesn't have the time

THINKING. Usher admits that between his hectic career and being a father, there isn't a lot of time left for dating.

"I don't have a lot of time for a relationship," the singer tells Live magazine.

"Do I date? Yes. I meet and greet, exchange and connect. So to speak. I don't have sex with everybody I date. Intimacy changes everything. When sex is part of the conversation then there is a sense of entitlement for that woman."

METRO

Sandra getting out

PARTYING. Sandra Bullock seems to be enjoying being single again, as the Oscar-winner was spotted partying at Los Angeles gay bar the Abbey recently, according to X-17.

Bullock, who split from Jesse James earlier this year after his cheating came to light, was seen dancing and celebrating with a clutch of friends — including several shirtless men.

METRO

Vedder gets married

WEDDING. Pearl Jam frontman Eddie Vedder married longtime girlfriend Jill McCormick in Hawaii over the weekend, according to Us Weekly. They wed before about 70 guests, including Sean Penn. Vedder, who propsed to McCormick last year while in Washington D.C. for the Kennedy Center Honors, already has two daughters with his new bride.

METRO

Celebrity tweets

Russell Brand [@rusty rockets] Thanks for your sweet messages of support. After the tips I picked up in chokey I'm an infinitely more proficient criminal.

Lily Allen [@lillyroseallen] Apparently there is a brand new Playstation Move waiting for me at my office in the morning. Tres exciting !!

Ice-T [@FINALLY LEVEL] On the way out to the Hamptons to visit my ballin friends house.. Daily Game: You don't need a yacht.. You need a friend with a yacht.

Courtney Love [@Courtney LoveUK] everyone was a baby!

Is this the dawning of a new Robert Pattinson?

NED EHRBAR

METRO WORLD NEWS IN LOS ANGELES

With two high-profile movies hitting theatres this month, and the fact that he was just tapped to be the new Spider-Man, 25-year-old British actor Andrew Garfield's life is changing, to say the least. But with everything taking off around him, Garfield would rather slip away from the Hollywood scene and debate religion. Metro sat down with the genial actor to discuss his latest film, the adaptation of Kazuo Ishiguro's Never Let Me Go.

Were you a fan of the book prior to doing the movie?

Well, I'd read the book and the script simultaneously before I'd auditioned. You just can't argue with it. It's just such a well-crafted musing on what it is to be alive.

You have some of the most intense scenes in the film. What kind of challenge was that?

I'd go nuts if I didn't exorcise certain of my own demons. It was painful in a controlled situation, which kind of gives it allowance. Whereas in my real life and in all of our real lives, we try to avoid pain at all costs, right? One of the themes of this film is our need as human beings to keep death out of reach, to prolong our lives, to continue our seed going into the future.

Because the idea of death, the idea of the nothing is terrifying. Unless you have a deep-rooted spiritual doubtlessness about what happens after life, which I don't feel like we have very much in our Western society.

You also star in The Social Network. How are you celebrating your big autumn?

Maybe I'll go to Portland or something and hang out, just bury my head in the sand. I'm aware that these two films are coming out, and it is exciting because I'm so happy to be a part of them and to talk to people about it. But once filming is over, that's kind of the end of the real fun stuff for me.

GETTY IMAGES

▶ Andrew Garfield

ISTOCK PHOTO

▶ Always read the ingredients before buying a shampoo.

you can't spell it

What to look for in a shampoo ◗ Expert warns against 'organic' claims ◗ Recommends always reading the ingredients to know what's in it

CELIA MILNE
WELLNESS@METRONEWS.CA

It may smell like a sea breeze, but does your shampoo harbour nasty chemicals?

If you're longing for purity, you're not alone.

There are safer, simpler hair care products out there, but how do we find them?

"As a general rule," says Janelle Witzel, program manager of Toxics and Health at Environmental Defence, "people should look for products made with the fewest number of ingredients and those made with ingredients that have names they can understand."

Ergo, citric acid good; sodium hydroxymethylglycinate bad. Labels can be misleading, says Witzel.

"Claims or names that include 'natural,' 'eco' or 'organic' on the front of the bottle should always be verified by looking at the ingredient list on the back."

"People should look for products made with the fewest number of ingredients and those made with ingredients that have names they can understand."
JANELLE WITZEL, TOXICS AND HEALTH AT ENVIRONMENTAL DEFENCE IN TORONTO

A word of warning: safer, healthier shampoos often cost more than mainstream ones.

You may be able to find out more about your shampoo by visiting cosmeticsdatabase.com, which ranks the safety of personal care products on a scale of one to 10.

It is a U.S. site.

Picking up on the purity trend, The Body Shop now offers its Rainforest Hair Care Collection, which is free of silicones, colourants, and parabens. This line of shampoos and conditioners is non-toxic and biodegradable.

Avoid these

We asked Janelle Witzel from Environmental Defence (ED) — an organization that protects human health — to alert us to some of the ingredients we should avoid when buying shampoo.

Sodium laureth sulfate and sodium lauryl sulfate: These are lathering agents. Sodium lauryl sulfate is a known skin irritant and suspected liver toxin. Sodium laureth sulfate, like other chemicals that have "eth" in their name (e.g., polyethelene glycol -- or PEG), may be contaminated with 1,4-dioxane, a chemical which is suspected of causing cancer. It is probably the most dangerous ingredient used in skin and hair-care products. In the cleaning industry SLS is used in garage floor cleaners, engine degreasers, car-wash soaps, etc. It is very corrosive and readily attacks greasy surfaces.

Cyclomethicone and siloxanes (e.g., cyclotetrasiloxane, cyclopentasiloxane, or cyclohexasiloxane): Substances that make things shiny and are suspected of interfering with the hormonal system. They also irritate the skin, eyes, and lungs, and can stick around in the environment for a long time.

Fragrance/Parfum: Often contains some phthalates to help scents last longer. Phthalates are a group of man-made chemicals that disrupt the hormonal system, and can cause infertility and birth defects of male reproductive organs.

Triclosan: An antimicrobial/antibacterial agent that can weaken the immune system, disrupt the hormonal system, and convert to chemicals known to cause cancer.

DMDM hydantoin, diazolidinyl urea, imidazolidinyl urea, methenamine, quarternium-15, and sodium hydroxymethylglycinate: Preservatives that release small amounts of formaldehyde over time. Formaldehyde is a recognized human carcinogen and a substance that has been linked to various other health effects.

Parabens: Preservatives that can easily penetrate the skin and are suspected of interfering with hormonal system and causing cancer. They also irritate the skin. Weight gain, skin aging and other physical traits are suspected to be caused in part by parabens.

3 life

What to buy

WebMD listed these Top 10 Foods for Healthy Hair:

- Salmon
- Dark green vegetables
- Beans
- Nuts
- Poultry
- Eggs
- Whole grains
- Oysters
- Low-fat dairy products
- Carrots

CELIA MILNE

Spiriva as good as Serevent for asthma; Glaxo declines to donate drug for study

No longer metro

Manscaping: From metrosexual to mainstream

ISTOCK PHOTO

▶ Are you embracing the menaissance?

Today's modern man is at the forefront of a revolution. As the scales of work and domestic responsibilities become more balanced, more men are taking an active role in choosing their wardrobes, toiletries and personal care products. The trend is quickly moving from metrosexual to mainstream.

The shift, or menaissance, is happening in surprising numbers. If you're not sure you, or the guy you love, can reap the rewards of this revolution, the following habits might shed some light:

Shopping

Male scent products are on the rise and manicure and pedicures shops are not just a female domain anymore. Increasingly targeted toward males, manufacturers are producing high quality, male-oriented products for the marketplace. Whether it's fedoras or man bags, men are jumping into the realm of beauty and fashion, and making their own decisions.

Shaving

Manscaping has become a household term and men have shelved the old single blade razor for premium quality shaving products — like Philips SensoTouch 3D electric shavers that can be used wet or dry, and contour, flex, tilt and pivot for a flawless look. There are also vacuum beard trimmers to help them keep their bathrooms clean and their beards at a perfect length.

Saving

Men are comparison shopping for products on the basis of price and quality, whether it's online or in stores. That said, regular guys are happy to spend money on products that will help them achieve a great look. With more and more regular guys trading in the corner barbershop for salon inspired cuts, it's time we all embrace this cultural menaissance.

NEWS CANADA

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▶ Make your child's eye health a priority from a young age.

Bringing eye health into focus

Why taking your child to see an optometrist for a routine eye exam is a must Not detecting vision problems can lead to a lifetime of difficulties

Children's eye health is generally overlooked by Canadian parents with nutrition and socializing ranked higher priorities.

Evidence shows that the majority of Canadian parents wouldn't be able to detect if their child had an eye or vision problem. Moreover, only four per cent of parents surveyed by Leger Marketing would immediately think that difficulties in school could be linked to poor eye sight.

Optometrists at routine eye examinations can detect vision and eye health issues which if left undetected could cause lasting problems, potentially affecting other areas of a child's life. The Canadian Association of Optometrists encourages parents to take their children as young as six months for an eye exam and has the following tips for parents:

• 20-20 vision doesn't necessarily mean healthy eyes. Research shows 98 per cent of Canadian optometrists have detected vision problems in children despite parents' claims of 20-20 vision.

• A common misconception is that children need to be able to read in order to have their eyes checked. In fact, the Canadian Association of Optometrists recommends eye exams in infants by six months, at age 3, and annually from ages 5 to 19.

• Be alert for signs that your child could have a vision problem. If your child is losing his or her place while reading, or performing below his or her potential in school then take your child to their optometrist for an eye exam.

NEWS CANADA

Myths

Dr. Tanya Sitter, Canadian optometrist and Councillor for the Canadian Association of Optometrists answers your questions about children's eye health separating fact from fiction.

My daughter is three years old, and not even old enough to read. Why would she need an eye exam? Many parents mistakenly believe that children need to be able to read to have their eyes checked. This is a myth. Eye exams can identify eye and vision problems in infants and children of all ages. For example, amblyopia (lazy eye)if left undetected and untreated can result in poor vision which cannot be corrected.

I haven't taken my son to the optometrist because he gets vision tests at school. Aren't vision tests the same as eye exams from an optometrist? No.20/20 score means only that a child can see at 20 feet what he or she should be able to see at that distance. It does not measure any of the other components of the visual system such as depth perception or eye health.

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Comfort food for fall

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As fall approaches we have to take advantage of the fresh seasonal produce available. A wonderful root vegetable soup, roasted fall vegetables and a delicious pork tenderloin fits the bill. Serves six, enjoy!

Ingredients:

Carrot and parsnip soup
- 2 tsp vegetable oil
- 2 tsp finely chopped garlic
- 1 cup chopped onion
- 4 cups chicken stock
- 1 1/2 cups diced carrots
- 1 1/2 cups diced parsnips
- 1 cup peeled and diced potato
- 1/2 tsp cinnamon
- pinch of salt and pepper
- 1/3 cup canned evaporated milk (2%)
- 2 tsp honey
- 2 tbsp low-fat sour cream

Bake root vegetables
- 1 lb sweet potatoes, unpeeled and cut into wedges
- 1 lb Yukon Gold potatoes, unpeeled and cut into wedges
- 1 lb butternut squash, peeled and cut into 2-inch pieces
- 1 large sweet yellow onion, cut into 8 wedges
- 2 large peeled parsnips, cut into 2-inch pieces
- 2 peeled beets, cut into 1-inch pieces

Dressing
- 1 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 2 Tbsp maple syrup
- 1/2 tsp cinnamon
- 1/4 cup chopped parsley

--

Glazed pork
- 1 1/2 lb pork tenderloin, butterflied

Stuffing
- 2/3 cup dried cranberries
- 1/3 cup toasted walnuts
- 1/2 tsp cinnamon
- pinch of ground cloves
- 2 tsp walnut (or olive) oil
- 1 oz diced brie cheese

Glaze
- 2 Tbsp orange juice concentrate
- 2 Tbsp red currant or black currant jelly
- 1 tsp balsamic vinegar
- 1 tsp olive oil
- 1 tsp orange zest
- 1/2 tsp finely chopped garlic

Garnish
- 3 Tbsp chopped parsley

Preparation:

Carrot and parsnip soup

1. Coat a nonstick pot with cooking spray, add the vegetable oil and set over medium heat. Add the garlic and onion and sauté for 5 minutes or until just softened.
2. Add the stock, carrots, parsnips, potato, cinnamon, salt and pepper. Bring to a boil, then reduce the heat to low and simmer, covered, for 20 minutes.
3. Purée the soup. Return the soup to the saucepan and stir in the milk and honey. Heat through. Serve with a dollop of sour cream.

Baked root vegetables with maple syrup and cinnamon

1. Preheat the oven to 425°F. Line 2 baking sheets with foil and coat with cooking spray.
2. Arrange the sweet potatoes, potatoes, squash, onion, parsnips and beets in a single layer on the lined baking sheets. Lightly coat with cooking spray. Bake in the centre of the oven for about 25 to 30 minutes, turning after 20 minutes or just until browned and tender. If the trays are on separate racks, switch their positions halfway through the cooking time. Bake the beets an extra 10 minutes, or until fork tender. Place vegetables on a serving platter.
3. To make the dressing, whisk together the olive oil, vinegar, maple syrup and cinnamon in a small bowl. Pour the dressing over the vegetables. Garnish with parsley.

Orange-glazed pork tenderloin

1. Preheat the oven to 375°F. Line a baking sheet with foil coated with cooking spray.
2. To make the stuffing, combine the cranberries, walnuts, cinnamon, cloves and walnut oil in the bowl of a small food processor. Pulse on and off until the mixture is crumbly. Add the diced brie and pulse once or twice, just to combine.
3. Open the pork loin like a book and stuff with the fruit and nut stuffing. (If you would like to make this easier to roll, first pound the pork to a 1/4-inch thickness before stuffing.) Secure with either kitchen string or toothpicks. Set a large, nonstick grill pan or skillet lightly coated with cooking spray over medium-high heat and sear until browned on all sides, about 2 or 3 minutes on each side. Place on the baking sheet and bake for about 20 minutes or until cooked to medium (until the meat reaches an internal temperature of 145°F). Wait for 10 minutes before slicing.
4. Meanwhile, prepare the glaze by combining the orange juice concentrate, jelly, vinegar, olive oil, orange zest and garlic in a small saucepan. Set over medium heat for 1 minute and drizzle over the sliced pork. Garnish with parsley.

Sometimes you don't need any cute animals

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

I'm not sure if the winemakers of Australia are looking for a theme song, but just in case they are let me suggest Oasis' Where Did It All Go Wrong?

A decade or so ago the Aussies were the kings of varietal labelling (supplementing the grape names with cute and quirky animal imagery) and captured the palates of the world with their boozy, upfront fruited wines.

Today sales are slipping thanks in no small part to a knee jerk reaction to critter labels (now everything on the shelf looks the same) and some major homogony in flavour (i.e. too many taste the same).

The 2007 Ringbolt Cabernet Sauvignon ($21.99 - $25.43) is another unique red that shows of the individuality Australia can offer.

This is some killer juice with plenty of well wooded black berry fruit that's extremely steak friendly.

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Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years.

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THE CANADIAN PRESS

▶ Fruit Roll-Ups.

Ingredients:

- 125 g (4 oz) cream cheese, softened
- 15 ml (1 tbsp) each cinnamon and honey
- 5 ml (1 tsp) grated lemon rind
- 500 g (1 lb) frozen whole wheat pizza dough, thawed
- 500 ml (2 cups) shredded apples, squeezed dry
- 500 ml (2 cups) shredded zucchini, squeezed dry
- 250 ml (1 cup) blueberries (if frozen, do not thaw)

Topping

- 50 ml (1/4 cup) honey

Fruit Roll-Ups Preparation:

1. In a small bowl, combine cream cheese, cinnamon, honey and lemon rind until smooth; set aside.
2. On a lightly floured surface, roll out pizza dough to a rectangle measuring 35 by 30 cm (14 by 12 inches) that is 5 mm (1/4 inch) thick.
3. Spread with cream cheese mixture. Top evenly with apples, blueberries and zucchini. Starting at long side, roll up, pressing firmly so dough is snug around filling and gently smoothing roll to even thickness. Cut into 12 pieces. Place, cut side down, in buttered 3.5-l (13-by-9-inch) baking pan.
4. Bake in a 230 C (450 F) oven for 25 minutes or until golden brown.
5. Topping: Drizzle with honey while hot. Serve immediately.

THE CANADIAN PRESS

ADVERTISING FEATURE

Quality milk delivers quality cheese

Creamy, sharp, smooth, delectable… adjectives roll off your tongue the moment Damafro's cheese touches it.

With its varied selections like brie and camembert tempting customers across Canada, this Quebec-based company is proving that local ingredients can produce world-class taste. All it takes is know-how, along with the best ingredients like Canadian milk.

"The 100% Canadian Milk symbol is our label of quality," explains Philippe Guérineau, Damafro's Marketing Manager. "It underlines our commitment to producing the best cheese you can eat, because, as you can see, we're using the top ingredients available."

Damafro's cheeses, which bear the 100% Canadian Milk symbol, are made with the utmost care—and always with safety in mind. The Damafro plant is located in Saint Damase, almost in the middle of Quebec's small but agriculturally rich Montérégie region. Every day it takes deliveries of raw milk from some 100 dairy farms speckled across Montérégie, and that milk must meet a high standard before it becomes part of the company's products.

"We dedicate one section of our plant to deliveries," says Philippe. "Traffic to and from that section is very limited. Any piece of equipment used there is marked with a red symbol, so if we see a red-marked object outside that area, we know it must be cleaned and sterilized before it's returned. We even have our employees change in and out of red clothing, to ensure there is no outside contamination."

With precautions like these in place, it all comes down to the milk itself. In addition to testing for contaminants, Damafro also checks for an ideal balance of fat, sugar, and protein, which is essential for its cheese-making process. There is no room for second-best. As Philippe says: "Great cheese needs great milk. And Canadian milk is the best there is."

For recipes and more info on 100% Canadian milk, go to metronews.ca/canadianmilk

100% CANADIAN MILK

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Plan for kid fun this fall

The change in season brings a host of things to do with your children

The change in season brings a host of fun things you can do with your children. Raise their spirits with these fall activities:

1. Look at leaves — then jump in them. Visit a park or trail to admire the beauty of the red, orange, and yellow leaves. Let your children get messy as they jump into piles of leaves or have leaf fights.

2. Go apple-picking. Apples are prime for the picking in autumn. Bring your family to an orchard for an educational and enjoyable outing.

3. Bake something with pumpkin. Pumpkins are a great source of beta-carotene; vitamins C, K, and E; and lots of minerals like potassium, magnesium, and iron. Go online to find some kid-friendly pumpkin recipes that you and your children can try. Then enjoy your finished product — or better yet — share it with others.

4. Donate to charity or volunteer. Your local food bank may need an extra set of hands to pack and distribute canned goods from fall food drives. Teach your children about the importance of helping others by volunteering together. You can also encourage them to help children and families in need around the world by donating gift items like school uniforms and vegetable seed kits through Christian Children's Fund of Canada, an international child development organization. Visit ccfcanada.ca/GiftCatalogue.

5. Participate in community events. Look into your town's local listings for special festivals and events. **NEWS CANADA**

ST. PATRICK SPARKS ROMANCE

Names: Kara, 23, and Matthew, 27

Hometown: Fort Saskatchewan, Alta.

Together since: 2007

Their story:

▶ Kara and Matthews met on St. Patrick's Day.

How We Met: Kara & Matthew

"I (Matthew)| am a land surveyor and in March 2007, I was working in my hometown for a couple of weeks, staying with my parents ... My sister and I decided to get some friends together for St. Patrick's Day.

"When I showed up at the house after work, I was surprised to see a beautiful (woman) there (Kara) — she was my sister's friend and I found out she'd be joining us for the night. We headed to Boston Pizza for some green beer and apps, and then hit up the town nightclub, which was pretty much deserted, so we all decided to play pool. Before long, I was paired up with Kara. We cleaned up at the table — there was definitely chemistry there!

"The following week, I called the salon where Kara worked to book a haircut, and we began dating right after that appointment.

"We now live together and, once in a while, I sit back and wonder how I got so lucky."

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Red Deer
Bower Place

Rocky View
CrossIron Mills

The perils of the penniless masses

In today's world saving is an absolute necessity Are you one of the 60 percenters?

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

A Canadian Payroll Association survey notes that nearly 60 per cent of Canadians live pay cheque to pay cheque and admit they would be in financial difficulty if their pay pack arrived a moment later than expected.

I know what this is all about. No savings. More specifically, no emergency savings. Lots of people do have savings — group pension plans, RRSPs, RESPs but they're reluctant to tap that money if the washing machine breaks down.

Most financial planners advise employed homeowners with children to set aside three months of net income — six months for the self-employed. So, if you clear $32,000 annually you should have roughly $8,000 in an emergency account, twice as much if you're self-employed.

▶ Many Canadians live pay cheque to pay cheque.

"Good luck with that," you say. You're right. I'd settle for a single month.

Part of the reason to save is to protect from job loss but also to cover out-of-the-ordinary expenses. Typically, when you're living pay cheque to pay cheque those unexpected expenses slide over to credit cards, credit lines, overdrafts or buy now pay later plans.

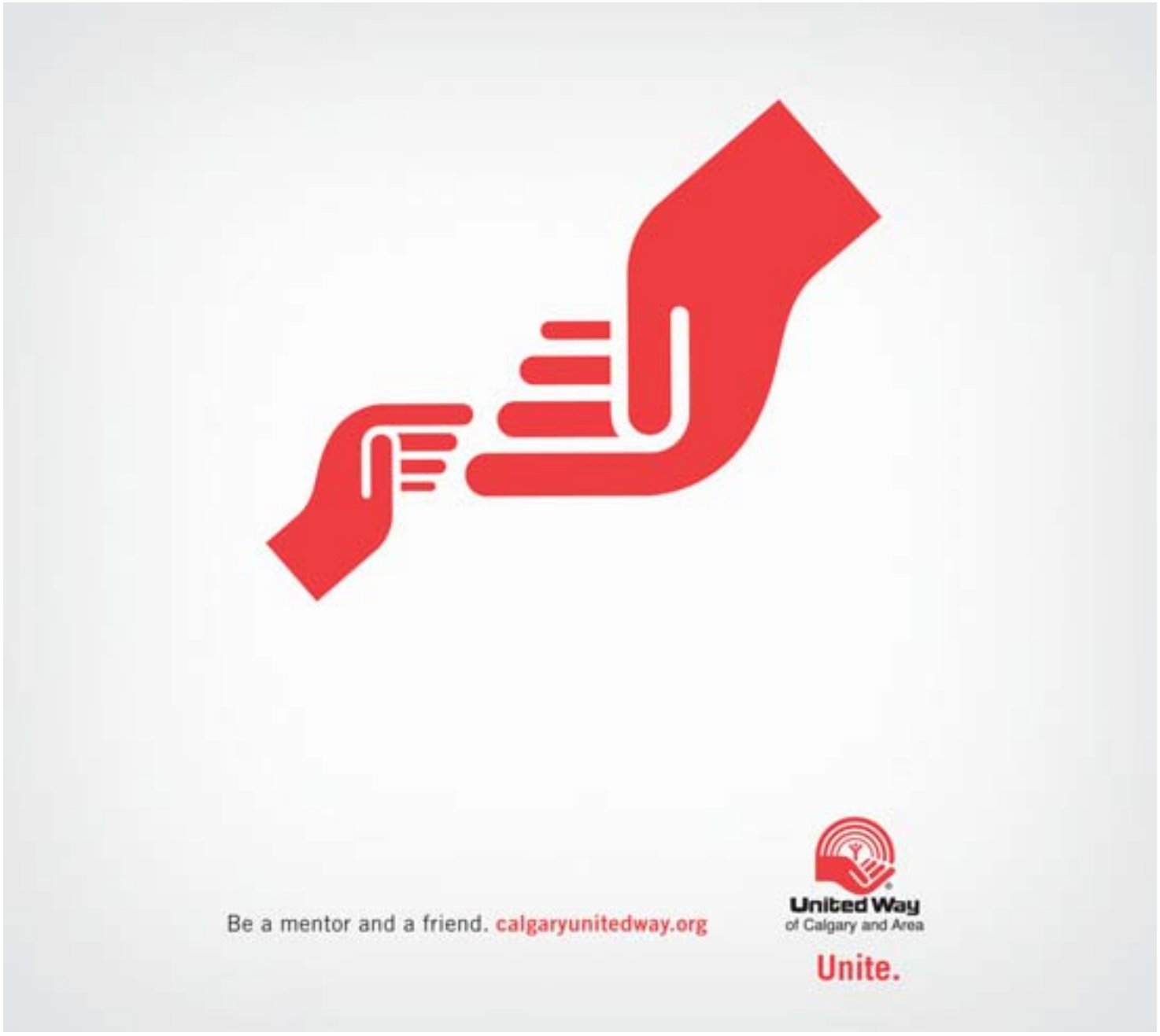
I find this is often a financial tipping point for a family. A large debt goes on the credit cards and suddenly you feel like there's a noose around your neck getting tighter all the time.

Unfortunately, there are only two ways to solve this problem; make more money or cut spending. For most the latter is the only practical way to break the pay cheque to pay cheque cycle.

Interest rates/ Savings accounts

BANK	RATE
BMO	1.25%
CIBC	0.70%
HSBC	0.85%
ING	1.50%
PCF	1.50%
RBC	1.15%
SCOTIA	1.25%
TD	1.15%
ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE



SUBMITTED

▶The University of Calgary's Business Essentials program is offered through its Haskayne School of Business.

University of Calgary offers mini MBA

Program spread out over 12 one-day modules

RICHARD WOODBURY
FOR METRO CALGARY

For people interested in getting a part-time MBA, but aren't sure if it's for them, one option could be to try out the University of Calgary's Business Essentials program.

Spread out over 12 one-day modules, Business Essentials is a leadership and management development program which is often dubbed a mini MBA.

"It's intended to give people exposure to different functional elements of business, such as strategy, operations, marketing, accounting, finance," says Tom Gleave, the executive director of executive education at the University of Calgary.

He says the program caters to mid-level managers or people in the middle of their careers and "gives them an opportunity to be exposed to different parts of business functions, as well as to give them a platform to develop their own leadership skills."

To complete the program, students must do an action learning project where they apply the things they have learned in Business Essentials to something that is relevant to their company. This could mean finding new markets for an existing product or reforming an operation process to make things more efficient at the workplace. Students present their projects on the final day of the program.

Getting full circle feedback

One of the ways the University of Calgary's Business Essentials program helps students become better leaders is through 360-degree feedback.

This concept can be thought of as figuratively placing someone in the middle of a circle and having their boss above them, their peers to the sides and their subordinates below them.

"You do an assessment of how you think you behave as a leader on different dimensions and that same instrument is completed by your subordinates and some of your peers and supervisors so that when you get aggregated data, you get a 360-degree view of people's take on what your leadership behaviour is," says Tom Gleave, the executive director of executive education at the University of Calgary.

RICHARD WOODBURY

Going online

At these schools, you only meet your classmates on vacation time

ERIC EMIN WOOD
FOR METRO CANADA

For working professionals, earning your MBA by physically going back to school might not be an option. But registering online could be.

At Victoria's Royal Roads University, students begin with an intense three-week residence on campus.

They "pretty much interact with their colleagues 24 hours a day," says Dr. Pedro Marquez, dean of Royal Roads' faculty of management.

"By the time they leave, they know each other on a first-name basis." Students return to the school for another three weeks at the end of the 17-month program.

At Alberta's Athabasca University, most courses are offered three times a year. Each course is divided into groups of 24 students, with each group taught by its own academic coach.

"Each coach is a professor with a PhD as well as industry experience, so that they're able to bring that theory and practice together in a meaningful way," says Dr. Deborah Hurst, the program's director.

Like their counterparts at Royal Roads, Athabasca students must take at least one course — a five-day elective — on-site. Some of these are held in overseas financial centres such as Sao Paolo, London, and Singapore, in addition to New York, Ontario and Alberta.

For more information, visit royalroads.ca or athabascau.ca

iSTOCK

▶ Working professionals can earn their MBA online through Athabasca University and Royal Roads University.

Online or in person?

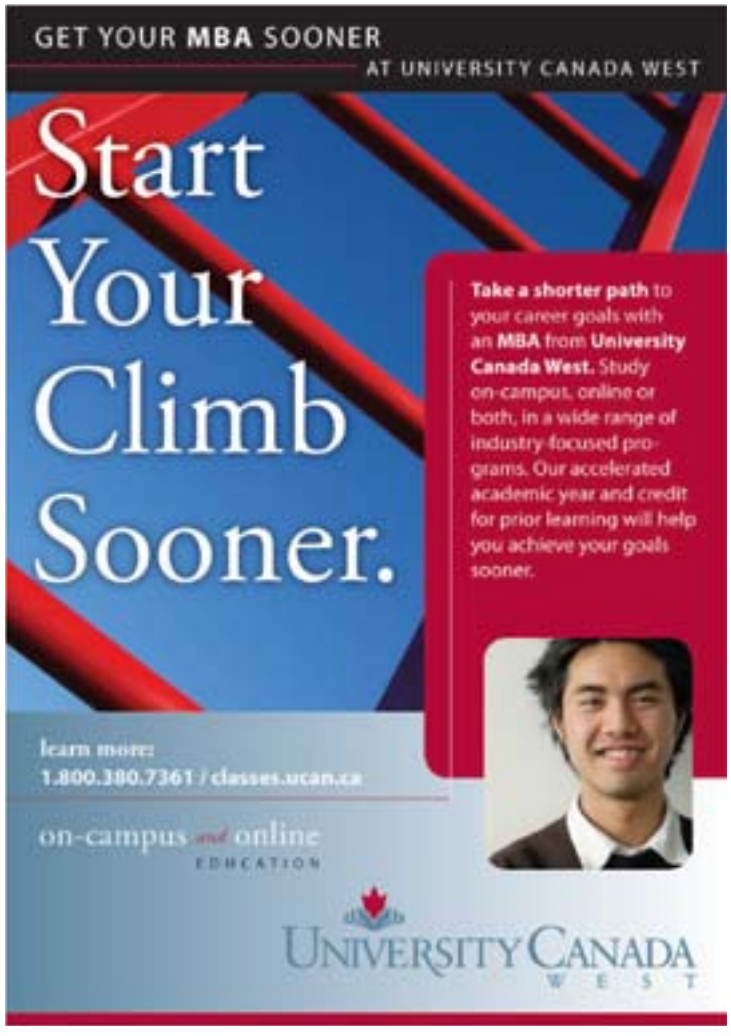
"If you can go back to school full-time, take it," says Marquez. "Many behavioural skills are very difficult to teach in an online environment." Hence Royal Roads' blended model.

However, online has its advantages. "It doesn't matter where you are geographically," says Hurst. Athabasca's instructors come from the UK, Germany, Austria, the US and Singapore in addition to Canada. "We're not limited by who can drop everything in their life and move here."

Students become used to connecting with international professionals, who often interact online anyway.

Another advantage is flexibility — Athabasca's students have five years to complete their degree.

ERIC EMIN WOOD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Queens/Cornell MBA Doubles your money

U.S.-Canada partnership offers a continent full of networking

JON TATTRIE
FOR METRO CANADA

Business students with ambitions to work in the U.S. might want to consider the Cornell-Queen's Executive MBA, which allows people from both countries to earn an MBA from two elite universities in 18 months.

The partnership between the Toronto-based Queen's School of Business and the Johnson School of Management at Cornell University in New York is offered via in-person and video-conferencing classes in 20 cities across North America.

Shai Dubey, the director of the program, says the bond students form is invaluable for business careers.

"They get to know each other quite well," he says.

"A lot of these folks are hiring managers, so when job opportunities come up, where do you go to? You go to the folks you've spent the last 18 months with."

The program mixes several weeks of residency at Queens and Cornell with video classes starting at 9:30 a.m. EST across the continent, meaning an early start for west coast students.

The video lectures are interactive, allowing students to talk to the professors and each other.

Students from Ottawa or Edmonton travelling on business often stop by the New York or Seattle classes while they're in town, Dubey says, giving them a chance to make live connections.

Crossing borders

- The program is available in Toronto, Montreal, Ottawa, **Calgary**, Edmonton and Vancouver across the Great White North.
- South of the border students can attend in New York City, Syracuse, Buffalo, Ithaca, Salem, Washington, DC, Cincinnati, Cleveland, Columbus, Portland, Atlanta, Dallas, Houston and Seattle.

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SUBMITTED/QUEENS SCHOOL OF BUSINESS

▶ Lecturer Barry Cross teaches a videoconference boardroom session.

Continental networking

With more than 100 students in 20 cities across the continent, the opportunities for business movement are immense.

Students from Vancouver and Arizona have wound up with top jobs in New York City and Montrealers in New Jersey.

Flow north of the border has been more limited, but there have been many cross-border business deals born in the Cornell-Queens classrooms.

American students in Dallas and Houston do often make critical connections and occasionally move for jobs in Calgary due to the oil industry.

For Canadian students, careers in the U.S. are made much easier because they can present a degree from one of the States' original Ivy League schools.

JON TATTRIE

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4 sports

Chemistry experiment

Combination of Jokinen and Tanguay with Iginla produces some early results for Flames

Olli Jokinen and Alex Tanguay are looking to build some early chemistry to start their second stints in Calgary.

They may have found it with Flames captain Jarome Iginla.

Jokinen and Tanguay each had a goal and an assist playing on a line with Iginla in an intrasquad game yesterday afternoon. The trio led Calgary's Red team to a 3-1 win over White in front of an enthusiastic group of about 1,000 fans at Max Bell Arena.

"It was a good start," said Jokinen, whose Red teammates will stay in Calgary to face the Vancouver Canucks at the Saddledome today, while the White team head west to face Vancouver's second squad at GM Place.

"You want to build that chemistry. It's been working pretty good early on. It's going to be better tomorrow."

Having talked about Calgary's new top line ad nauseam during the first few days of training camp, Tanguay enjoyed the chance to play alongside Jokinen and Iginla in a game situation.

"We're just trying to build a little chemistry and find the things that will make us successful," Tanguay said.

Jay Bouwmeester also scored for Red, while Niklas Hagman scored the lone goal for White.

Playing on a line with Rene Bourque and former Toronto Maple Leafs teammate Matt Stajan, Hagman appeared to have recovered from the flu symptoms that kept him off the ice for Saturday's ice sessions at the Pengrowth Saddledome.

"He scored a nice goal there," said Calgary coach Brent Sutter. "I thought it took a little bit to get his feet going today because he's only been on the ice one day because he's been sick. I thought in the second half he was moving his feet and skating."

Acquired along with Matt Stajan and Ian White in last season's trade that sent Dion Phaneuf to the Toronto Maple Leafs, Hagman was disappointed that he only managed to put up five goals and six assists in 27 games with the Flames.

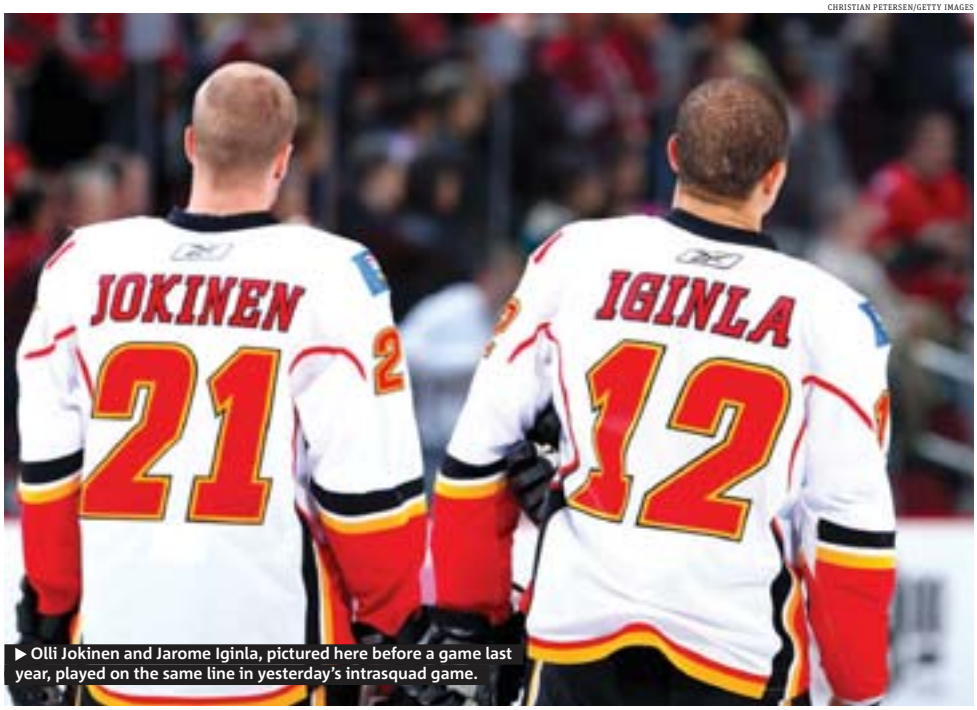
"To be honest, after the season I felt that I should have done and I could have done better," said Hagman, who played on a line with Stajan and Rene Bourque. "For some reason it didn't work."

Having scored at least 20 goals and 40 points in three straight seasons, Hagman has confidence he can increase those totals in his first full season with the Flames.

"I'm trying to get that shooting first mentality," Hagman said. "It builds your confidence too. When you feel good, you'd rather shoot."

THE CANADIAN PRESS

CHRISTIAN PETERSEN/GETTY IMAGES



▶ Olli Jokinen and Jarome Iginla, pictured here before a game last year, played on the same line in yesterday's intrasquad game.

Quoted

"I'm not going to step out on the field until I actually feel 100 per cent. Right now, it's tight. I can feel that it's tight. Once I don't feel that tightness anymore, that's when I'll get out on the field."

JETS CORNERBACK DARRELLE REVIS, ON HIS STRAINED LEFT HAMSTRING

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Saints improve to 2-0 with victory over 49ers

25	22
NEW ORLEANS	SAN FRANCISCO

Garrett Hartley kicked a 37-yard field goal that barely fluttered through as time expired after Drew Brees set it up with a 30-yard completion to Marques Colston and the New Orleans Saints spoiled the San Francisco 49ers' home opener with a 25-22 victory last night.

EZRA SHAW/GETTY IMAGES

▶ Drew Brees

Frank Gore of the 49ers ran for a seven-yard touchdown with 1:19 to play and Vernon Davis made a close-call catch at the goal line for the tying two-point conversion. The play was initially called no good, but the 49ers (0-2) challenged the ruling and won.

The Saints (2-0), who relied on their defence most of the game, got the ball back at the 30 with 1:14 left. Brees hit Colston with a pass that put the Saints on the 18 with 18 seconds left.

THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
New York	91	59	.607	—	—	4-6	W-1	50-25	41-34
Tampa Bay	89	60	.597	1½	—	5-5	L-2	46-29	43-31
Boston	83	67	.553	8	6½	5-5	L-1	43-33	40-34
Toronto	75	74	.503	15½	14	3-7	L-1	39-33	36-41
Baltimore	60	90	.400	31	29½	7-3	W-2	34-43	26-47

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Minnesota	90	60	.600	—	—	7-3	W-1	50-25	40-35
Chicago	79	70	.530	10½	10	2-8	L-6	40-34	39-36
Detroit	76	74	.507	14	13½	6-4	W-4	48-28	28-46
Cleveland	62	88	.413	28	27½	5-5	L-2	32-42	30-46
Kansas City	61	88	.409	28½	28	4-6	L-1	34-40	27-48

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Texas	83	65	.561	—	—	8-2	L-1	48-26	35-39
Oakland	74	74	.500	9	14½	6-4	W-1	44-30	30-44
Los Angeles	73	76	.490	10½	16	7-3	W-1	38-34	35-42
Seattle	57	92	.383	26½	32	2-8	W-1	35-42	22-50

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Philadelphia	90	61	.596	—	—	9-1	W-8	49-27	41-34
Atlanta	86	65	.570	4	—	6-4	L-1	52-23	34-42
Florida	74	75	.497	15	11	4-6	W-1	36-39	38-36
New York	74	76	.493	15½	11½	5-5	L-3	44-30	30-46
Washington	62	88	.413	27½	23½	2-8	L-4	35-37	27-51

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Cincinnati	85	66	.563	—	—	5-5	W-1	45-30	40-36
St. Louis	77	72	.517	7	8	4-6	L-1	46-28	31-44
Houston	73	77	.487	11½	12½	6-4	W-2	41-37	32-40
Milwaukee	69	80	.463	15	16	4-6	L-2	36-39	33-41
Chicago	68	81	.456	16	17	8-2	W-6	33-42	35-39
Pittsburgh	51	98	.342	33	34	4-6	W-3	36-39	15-59

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
San Francisco	84	66	.560	—	—	6-4	W-1	45-30	39-36
San Diego	83	66	.557	½	2	4-6	L-1	42-32	41-34
Colorado	82	67	.550	1½	3	7-3	L-1	51-24	31-43
Los Angeles	73	77	.487	11	12½	4-6	W-1	42-33	31-44
Arizona	59	91	.393	25	26½	2-8	L-3	35-40	24-51

AMERICAN LEAGUE

Last night's results
Detroit 7 Kansas City 5
N.Y. Yankees 8 Tampa Bay 6
Baltimore 4 Boston 2
Minnesota 9 Cleveland 3
Chicago White Sox at Oakland
Texas at L.A. Angels
Sunday's results
Boston 6 Toronto 0
Baltimore 4 N.Y. Yankees 3 (11 ings)
L.A. Angels 6 Tampa Bay 3
Kansas City 6 Cleveland 4
Oakland 6 Minnesota 2
Seattle 2 Texas 1
Detroit 9 Chicago White Sox 7 (11 ings)
Tonight's games
(All times Eastern)
Kansas City (Chen 10-7) at Detroit (Galarraga 4-6), 7:05 p.m.
Tampa Bay (J.Shields 13-12) at N.Y. Yankees (P.Hughes 16-8), 7:05 p.m.
Seattle (French 4-5) at Toronto (Rzepczynski 1-4), 7:07 p.m.
Baltimore (Bergesen 7-10) at Boston (C.Buchholz 16-7), 7:10 p.m.
Cleveland (Carmona 12-14) at Minnesota (S.Baker 12-9), 8:10 p.m.
Chicago White Sox (Buehrle 12-11) at Oakland (Cahill 16-7), 10:05 p.m.
Texas (C.Lewis 11-12) at L.A. Angels (E.Santana 16-9), 10:05 p.m.

NATIONAL LEAGUE

Yesterday's results
Florida 4 St. Louis 0
Philadelphia 3 Atlanta 1
Houston 8 Washington 2
Cincinnati 5 Milwaukee 2
Sunday's results
Atlanta 6 N.Y. Mets 3
Chicago Cubs 13 Florida 3
Pittsburgh 4 Arizona 3
Philadelphia 7 Washington 6
Houston 4 Cincinnati 3
St. Louis 4 San Diego 1
San Francisco 9 Milwaukee 2
L.A. Dodgers 7 Colorado 6 (11 ings)
Tonight's games
(All times Eastern)
Atlanta (Minor 3-1) at Philadelphia (Halladay 19-10), 7:05 p.m.
Houston (Happ 6-2) at Washington (Lannan 8-7), 7:05 p.m.
St. Louis (Westbrook 2-3) at Pittsburgh (Maholm 7-15), 7:05 p.m.
N.Y. Mets (Pelfrey 15-9) at Florida (Mendez 1-1), 7:10 p.m.
San Francisco (M.Cain 12-10) at Chicago Cubs (Zambrano 9-6), 8:05 p.m.
Cincinnati (Volquez 3-3) at Milwaukee (Bush 7-12), 8:10 p.m.
Colorado (De La Rosa 8-4) at Arizona (J.Saunders 2-6), 9:40 p.m.
San Diego (Richard 12-8) at L.A. Dodgers (Billingsley 11-10), 10:10 p.m.

WILD CARD

AMERICAN LEAGUE

	W	L	Pct	GB
Tampa Bay	89	59	.601	-
Boston	83	66	.557	6.5
Chi White Sox	79	70	.530	10.5

NATIONAL LEAGUE

	W	L	Pct	GB
Atlanta	86	65	.570	-
San Diego	83	66	.557	2.0
Colorado	82	67	.550	3.0
St. Louis	77	72	.517	8.0
Florida	74	75	.497	11.0

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	11	8	3	0	344	250	16
Hamilton	11	6	5	0	270	286	12
Toronto	11	6	5	0	237	293	12
Winnipeg	11	3	8	0	291	290	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	11	9	2	0	396	245	18
Saskatchewan	11	7	4	0	321	304	14
B.C.	11	3	8	0	276	295	6
Edmonton	11	2	9	0	200	372	4

Friday's game
(All times Eastern)
Montreal at Winnipeg, 8 p.m.
Saturday's games
Saskatchewan at Hamilton, 6:30 p.m.
B.C. at Calgary, 9:30 p.m.
Sunday's game
Edmonton vs. Toronto (at Moncton, N.B.), 12 p.m.

AUTO RACING

NASCAR SPRINT CUP

POINTS LEADERS
Through Sept. 19

1. Denny Hamlin, 5,230 points; 2. Clint Bowyer, 5,195; 3. Kevin Harvick, 5,185; 4. Kyle Busch, 5,168; 5. Jeff Gordon, 5,155; 6. Kurt Busch, 5,144; 7. Jimmie Johnson, 5,138; 8. Carl Edwards, 5,135; 9. Greg Biffle, 5,122; 10. Jeff Burton, 5,118.

11. Tony Stewart, 5,106; 12. Matt Kenseth, 5,094; 13. Ryan Newman, 3,221; 14. Jamie McMurray, 3,220; 15. David Reutimann, 3,132; 16. Juan Pablo Montoya, 3,132; 17. Mark Martin, 3,098; 18. Dale Earnhardt, Jr., 3,068; 19. Kasey Kahne, 3,053; 20. Martin Truex, Jr., 2,987.

IRL INDYCAR

POINTS LEADERS
Through Sept. 19

1. Will Power, 587 points; 2. Dario Franchitti, 575; 3. Helio Castroneves, 501; 4. Scott Dixon, 497; 5. Ryan Briscoe, 450; 6. Ryan Hunter-Reay, 426; 7. Tony Kanaan, 418; 8. (tie), Dan Wheldon and Marco Andretti, 366; 10. Justin Wilson, 349.

11. Danica Patrick, 327; 12. Alex Tagliani, Lachenaie, Que., 286; 13. Vitor Meira, 282; 14. (tie), Raphael Matos and Mario Moraes, 277; 16. E.J. Viso, 250; 17. Alex Lloyd, 248; 18. Hideki Mutoh, 238; 19. Simona de Silvestro, 230; 20. Graham Rahal, 215.

21. Takuma Sato, 202; 22. Bertrand Baguette, 198; 23. Milka Duno, 172; 24. Mario Romancini, 149; 25. Mike Conway, 110; **26. Paul Tracy, Toronto, 91**

NFL

WEEK 2

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Miami	2	0	0	1.000	29	20
N.Y. Jets	1	1	0	.500	37	24
New England	1	1	0	.500	52	52
Buffalo	0	2	0	.000	17	49

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	0	0	1.000	64	51
Jacksonville	1	1	0	.500	37	55
Tennessee	1	1	0	.500	49	32
Indianapolis	1	1	0	.500	62	48

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	2	0	0	1.000	34	20
Cincinnati	1	1	0	.500	39	48
Baltimore	1	1	0	.500	20	24
Cleveland	0	2	0	.000	28	33

WEST

	W	L	T	Pct	PF	PA
Kansas City	2	0	0	1.000	37	28
San Diego	1	1	0	.500	52	34
Denver	1	1	0	.500	48	38
Oakland	1	1	0	.500	29	52

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	1	1	0	.500	40	37
N.Y. Giants	1	1	0	.500	45	56
Philadelphia	1	1	0	.500	55	59
Dallas	0	2	0	.000	27	40

SOUTH

	W	L	T	Pct	PF	PA
Tampa Bay	2	0	0	1.000	37	21
New Orleans	2	0	0	1.000	39	31
Atlanta	1	1	0	.500	50	22
Carolina	0	2	0	.000	25	51

NORTH

	W	L	T	Pct	PF	PA
Chicago	2	0	0	1.000	46	34
Green Bay	2	0	0	1.000	61	27
Detroit	0	2	0	.000	46	54
Minnesota	0	2	0	.000	19	28

WEST

	W	L	T	Pct	PF	PA
Seattle	1	1	0	.500	45	37
Arizona	1	1	0	.500	24	54
San Francisco	0	2	0	.000	28	56
St. Louis	0	2	0	.000	27	33

Last night's result
New Orleans 25 San Francisco 22
Sunday's results
Atlanta 41 Arizona 7
Chicago 27 Dallas 20
Cincinnati 15 Baltimore 10
Denver 31 Seattle 14
Green Bay 34 Buffalo 7
Houston 30 Washington 27 (OT)
Kansas City 16 Cleveland 14
Miami 14 Minnesota 10
N.Y. Jets 28 New England 14
Oakland 16 St. Louis 14
Philadelphia 35 Detroit 32
Pittsburgh 19 Tennessee 11
San Diego 38 Jacksonville 13
Tampa Bay 20 Carolina 7
Indianapolis 38 N.Y. Giants 14

BETTING

PRO LINE LOTTERY ODDS

TUESDAY, SEPT. 21

No.	SPT	VIS	HOME	V+	V	T	H	H+	O	#	U
32	BBL	ATL	PHI	3.6	2.8	3.2	1.2	1.3	1.9	8.5	1.55
33	BBL	HOU	WAS	2	1.65	2.75	1.75	2.1	—	—	—
34	BBL	KC	DET	2.7	2.3	3	1.35	1.6	1.9	9.5	1.55
35	BBL	STL	PIT	1.7	1.4	3	2.2	2.6	1.8	8.5	1.6
36	BBL	TB	NYY	2.5	2.1	3	1.45	1.75	1.8	9.5	1.6
37	BBH	CRAW	RCAN	2.6	2.3	3.2	1.9	2.1	—	—	—
38	BBL	SEA	TOR	2.4	2	3	1.5	1.8	1.6	8.5	1.8
39	BBL	BAL	BOS	3.25	2.65	3.2	1.25	1.4	1.6	8.5	1.8
40	BBL	NYM	FLA	2.2	1.8	2.8	1.6	1.9	1.8	8.5	1.6
41	BBL	SF	CHIC	1.85	1.55	2.9	1.9	2.3	—	—	—
42	BBL	CIN	MIL	1.9	1.6	2.8	1.8	2.2	2	9.5	1.5
43	BBH	JVOT	FIEL	2.1	1.9	3.2	2.3	2.6	—	—	—
44	BBL	CLE	MIN	2.5	2.1	3	1.45	1.75	1.8	8.5	1.6
45	BBL	COL	ARZ	1.75	1.45	3	2.1	2.5	1.8	9.5	1.6
46	BBL	CWS	OAK	2.5	2.1	3	1.45	1.75	—	—	—
47	BBL	TEX	LAA	2	1.65	2.75	1.75	2.1	1.9	8.5	1.55
48	BBL	SD	LAD	2.1	1.75	2.75	1.65	2	—	—	—
78	2:00p	SCR	MALL	ATHL	—	3.4	3	1.9	—	—	—
79	2:00p	SCR	RSC	OSAS	—	3.2	3	2	—	—	—
80	2:45p	SCR	BLT	BURN	—	2.4	2.8	2.7	—	—	—
81	2:45p	SCR	FUL	STOK	—	2.8	3	2.2	—	—	—
82	2:45p	SCR	WHU	SUN	—	4	3.2	1.7	—	—	—
83	2:45p	SCR	ARL	TTH	—	2.8	3	2.2	—	—	—

In the event of any discrepancy between this information and odds available from OLG, the latter shall prevail.

TENNIS

WTA HANSOL KOREA OPEN

At Seoul, South Korea
Singles
First Round
Alisa Kleybanova (5), Russia, def. Chang Kai-chen, Taiwan, 6-2, 6-3.
Ksenia Pervak, Russia, def. Chan Yung-jan, Taiwan, 6-4, 7-5.
Elena Baltacha, Britain, def. Kim So-jung, South Korea, 6-3, 6,4.
Ekaterina Makarova, Russia, def. Iveta Benesova, Czech Republic, 6-2, 3-6, 7-5

WTA TASHKENT OPEN

At Tashkent, Uzbekistan
Singles
First Round
Elena Vesnina (4), Russia, def. Lesya Tsurenko, Ukraine, 6-3, 6-2.
Stefanie Voegele, Switzerland, def. Alina Abdurakhimova, Uzbekistan, 6-3, 6-1.
Evgeniya Rodina, Russia, def. Arina Rodionova, Russia, 7-6 (3), 6-3.
Ekaterina Ivanova, Russia, def. Katie O'Brien, Britain, 7-5, 6-1.
Doubles
First Round
Alexandra Dulgheru, Romania, and Magdalena Rybarikova, Slovakia, def. Akgul Amanmuradova, Uzbekistan, and Darya Kustova (3), Belarus, 7-5, 7-6 (13).

ATP BCR OPEN ROMANIA

At Bucharest, Romania
Singles
First Round
Filippo Volandri, Italy, def. Lukasz Kubot, Poland, 6-3, 6-0.
Doubles
First Round
Santiago Gonzalez, Mexico, and Travis Rettenmaier, U.S., def. Andreas Seppi and Simone Vagnozzi, Italy, 6-4, 6-4.

TRANSACTIONS

BASEBALL

MLB

NATIONAL LEAGUE
ATLANTA BRAVES—Called up RHP Brandon Beachy from Gwinnett (IL). Recalled 3B Brandon Hicks from Gwinnett and placed him on the 60-day DL.
HOUSTON ASTROS—Announced a player development contract with Oklahoma City (PCL). Extended its player development contract with Tri-City (NYP) through the 2012 season.

BASKETBALL

NBA

NEW JERSEY NETS—Promoted Mike Zavodsky to vice president of new corporate marketing ventures.

FOOTBALL

NFL

LEAGUE OFFICE—Announced the resignation of chief financial officer Anthony Noto, effective Oct. 4.
PITTSBURGH STEELERS—Re-signed QB Byron Leftwich.
SAN FRANCISCO 49ERS—Signed CB Tramaine Brock from the practice squad. Waived LB Diyral Briggs.

HOCKEY

NHL

COLUMBUS BLUE JACKETS—Signed G Steve Mason to a two-year contract extension.
PITTSBURGH PENGUINS—Signed general manager Ray Shero to a five-year contract extension through the 2015-16 season.
ST. LOUIS BLUES—Released F Nick MacNeil.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	25	13	7	5	33	27	44
New York	25	13	8	4	32	27	41
Toronto FC	25	8	10	7	24	28	31
Kansas City	23	8	9	6	24	24	30
Chicago	23	6	9	8	28	31	26
New England	24	7	14	3	24	41	24
Philadelphia	24	6	12	6	27	39	24
D.C.	25	5	17	3	17	39	18

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	25	15	5	5	38	19	50
Real Salt Lake	25	13	4	8	38	16	47
FC Dallas	24	11	2	11	31	19	44
Colorado	24	10	7	7	32	24	37
San Jose	23	10	7	6	25	23	36
Seattle	25	10	9	6	30	29	36
Chivas USA	24	7	13	4	25	31	25
Houston	24	6	13	5	29	40	23

Tomorrow's game
(All times Eastern)
New England at FC Dallas, 8:30 p.m.
Friday's game
New York at Los Angeles, 11 p.m.
Saturday's games
Chivas USA at Philadelphia, 4 p.m.
San Jose at Toronto FC, 4 p.m.
Houston at D.C. United, 7:30 p.m.
Columbus at New England, 7:30 p.m.
FC Dallas at Kansas City, 8 p.m.
Seattle FC at Chicago, 8 p.m.
Colorado at Real Salt Lake, 10 p.m.

GOLF

PGA TOUR

FEDEXCUP LEADERS
Through Sept. 12

Rank	Name	Pts	Money
1.	Matt Kuchar	4,935	$4,753,727
2.	Dustin Johnson	4,299	$4,336,622
3.	Charley Hoffman	3,449	$2,289,646
4.	Steve Stricker	3,372	$4,062,735
5.	Paul Casey	3,015	$3,283,194
6.	Jason Day	2,633	$2,757,327
7.	Luke Donald	2,597	$2,855,234
8.	Ernie Els	2,343	$4,311,361
9.	Martin Laird	2,294	$1,639,528
10.	Phil Mickelson	2,249	$3,685,233
11.	Jim Furyk	2,121	$3,459,622
12.	Geoff Ogilvy	2,121	$2,214,545
13.	Justin Rose	2,105	$3,441,331
14.	Adam Scott	2,083	$2,364,902
15.	Hunter Mahan	2,058	$3,402,391
16.	Ryan Palmer	1,988	$2,678,611
17.	Retief Goosen	1,976	$2,700,589
18.	Bubba Watson	1,948	$3,051,998
19.	Zach Johnson	1,896	$2,624,868
20.	Kevin Na	1,837	$1,862,224
21.	Tim Clark	1,757	$3,205,431
22.	Ben Crane	1,732	$2,694,500
23.	K.J. Choi	1,725	$1,952,462
24.	Jeff Overton	1,669	$3,334,856
25.	Camilo Villegas	1,621	$2,827,398
26.	Ryan Moore	1,610	$2,166,698
27.	Robert Allenby	1,604	$2,619,997
28.	Nick Watney	1,584	$2,057,289
29.	Kevin Streelman	1,575	$1,181,724
30.	Bo Van Pelt	1,572	$2,630,258

WORLD GOLF RANKING

Through Sept. 19

1.	Tiger Woods	USA	9.22
2.	Phil Mickelson	USA	8.66
3.	Lee Westwood	Eng	8.45
4.	Steve Stricker	USA	7.87
5.	Martin Kaymer	Ger	7.18
6.	Jim Furyk	USA	6.50
7.	Paul Casey	Eng	6.16
8.	Rory McIlroy	Nir	5.66
9.	Luke Donald	Eng	5.45
10.	Matt Kuchar	USA	5.45
11.	Ernie Els	SAf	5.41
12.	Dustin Johnson	USA	5.08
13.	Graeme McDowell	Nir	4.83
14.	Ian Poulter	Eng	4.81
15.	Hunter Mahan	USA	4.72
16.	Edoardo Molinari	Ita	4.68
17.	Retief Goosen	SAf	4.37
18.	Zach Johnson	USA	4.19
19.	Anthony Kim	USA	4.16
20.	Louis Oosthuizen	SAf	4.05

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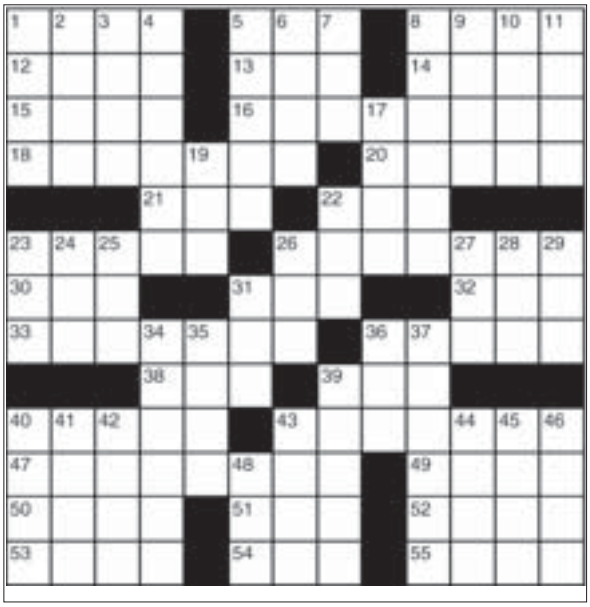
Crossword



Across

1 "Scram!"
5 Kitten's call
8 Information
12 Arizona tribe
13 Judge Lance
14 Wander
15 Sheltered
16 "— of Arabia"
18 Construction worker
20 Ancient Greek theater
21 Longing
22 Suitcase
23 Restaurant request
26 "Cold Mountain" actor
30 Hockey milieu
31 Crucial
32 Fuss
33 Docket entry
36 Newsstand, e.g.
38 Branch
39 Family
40 Straighten
43 Loses vitality
47 Cabbage recipe
49 Needle case
50 Tattoo parlor supply
51 "The Greatest"
52 McNally partner
53 Odometer stat
54 "Of course"
55 Otherwise

Down

1 Persian bigwig of yore
2 Soda pop choice
3 Mimic
4 Color a shirt, hippie-style
5 Italian city
6 Coup d'—
7 "Holy mackerel!"
8 Coat with flour
9 Top-notch
10 Mexican entree
11 Prayer ending
17 Highway
19 That girl
22 Purchase
23 Lubricate
24 HDTV brand
25 Morning moisture
26 Lustrous black
27 "7 Faces of Dr. —"
28 Billboards
29 Stir-fry vessel
31 Actress Novak
34 Most judicious
35 Ornamental vases
36 Caboodle's partner
37 Belong naturally
39 New Zealanders
40 Hydrochloric, e.g.
41 Actress Anderson
42 Sorts
43 Corduroy ridge
44 And others (Lat.)
45 Gallops
46 Faction
48 Deposit

▶ Yesterday's answer

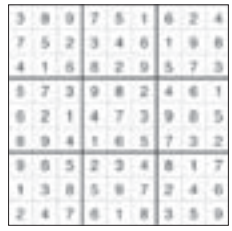
Sudoku

			9	4			1	2
8	2			3	5			4
	9				2		4	
	1	6				8	9	
	7		3				5	
5			1	8			7	9
7	4			6	3			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

May I'm truly in love with you and i miss you every single day in my life. Soon we gonna be together and everything is gonna be fine. Hold on our love and keep our trust and faith. I love you so much.
LOVE ALWAYS NEERED

Hii squishy bug! I just wanna say that I think of you all the time.. I care for you a lott. I know I haven't been my best, but I appreciate every moment that I spend with you, and all you've done for me!
YOURS, POOCHII

For the last few days I have seen how it would be without you, and realized that I can't spend a single day without you ... You mean the world to me and I never want to give that up. You make me smile, you are my happiness, you are my one true love, you are my everything. **I LOVE YOU PINKY XOXO**

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 0° Max 7°	Min 0° Max 12°	Min 2° Max 16°

Andrew Schultz, Meteorologist
BT BREAKFAST TELEVISION
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You won't stand for any kind of nonsense today. You have lots to do and not much time in which to do it and anyone who wastes that time will soon regret it!

♉ Taurus April 21-May 21 You may have very good reasons to get angry with someone today but if you look a little further ahead you will see that, one day, you are most likely going to need their assistance. Be tactful.

♊ Gemini May 22-June 21 A problem you thought had a simple solution will turn into an even bigger and more bewildering problem today, thanks to the negative influence of retrograde Jupiter.

♋ Cancer June 22-July 22 You may think that no one has noticed your little mistake but towards the end of the day you will be reminded of the fact that everything in life must even out in the end.

♌ Leo July 23-Aug.23 The Sun opposes Uranus, planet of upheavals, so something in your life will be disrupted, maybe in a small way, maybe in a big way, but certainly in a way that demands you take action.

♍ Virgo Aug. 24- Sept. 22 You will be quite vocal today in your condemnation of what a friend or work colleague is up to. You don't just disagree with it in principle, you think it will have a negative knock-on effect on you and others.

♎ Libra Sept. 23-Oct. 23 Some kind of upheaval is on the cosmic cards today and you may have to fight dirty if you want to come out ahead of the game financially. You can do that, can't you Libra?

♏ Scorpio Oct. 24-Nov. 22 All change is good in the long-term, even though it sometimes looks bad to begin with, so don't get too worked up by what happens today.

♐ Sagittarius Nov. 23-Dec. 21 You must approach people in the right way today, especially on the work front where you might be tempted to come on a bit strong. Not everyone is as robust as you and some people have fragile egos.

♑ Capricorn Dec. 22-Jan. 20 You don't doubt your abilities, but someone you work alongside is not convinced and will ask that you prove yourself today. Don't hold back. Dazzle them with your brilliance.

♒ Aquarius Jan. 21-Feb. 18 You need to take care when traveling , especially if you are the kind of Aquarius who enjoys the thrill of moving fast. Don't take risks. Also, steer clear of contentious issues.

♓ Pisces Feb. 19-March 20 Go your own way and do your own thing but don't expect much sympathy or support from other people. Not everyone can see what you can see, nor is there any reason why they should. **SALLY BROMPTON**

Caption contest

MATTHIAS SCHRADER/THE ASSOCIATED PRESS

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You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

DANIEL OCHOA DE OLZA/THE ASSOCIATED PRESS

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AIR CANADA VACATIONS

Deals of the week

MEXICO

Puerto Vallarta/ Riviera Nayarit

Canto del Sol Plaza Vallarta • 3 1/2★
All-Inclusive • Standard rm.
Oct. 2–23 • 1 wk.
$649
+Taxes & other fees (including service charges): $283

Crown Paradise Club: A Family Resort • 4★
All-Inclusive • Standard rm.
Oct. 2–30 • 1 wk.
$729
+Taxes & other fees (including service charges): $283

Cancun/Riviera Maya

Gran Bahia Principe Coba • 5★
All-Inclusive • Junior suite
Jan. 9 & 16 • 1 wk.
$1079
+Taxes & other fees (including service charges): $290

Gran Bahia Principe Tulum • 5★
All-Inclusive • Standard rm.
Jan. 9 & 16 • 1 wk.
$1119
+Taxes & other fees (including service charges): $290

CUBA

Varadero

Sirenis La Salina Varadero Beach Resort • 4★
All-Inclusive • Standard rm.
Oct. 3, 10 & 17 • 1 wk.
$759
+Taxes & other fees (including service charges): $228

Santa Clara

Meliá Las Dunas • 4 1/2★
All-Inclusive • Standard rm.
Jan. 1, 8 & 15 • 1 wk.
PRIVILEGES
$1199
+Taxes & other fees (including service charges): $228

MEXICO

Ixtapa/Zihuatanejo

Tesoro Ixtapa • 3 1/2★
All-Inclusive • Deluxe rm.
Jan. 8–29 • 1 wk.
$1079
+Taxes & other fees (including service charges): $282

SAINT LUCIA via Toronto

The Village Inn & Spa • 3★
All-Inclusive • Standard rm.
Oct. 2–30 • 1 wk.
$1429
+Taxes & other fees (including service charges): $248

DOMINICAN REPUBLIC

Samana via Toronto

Gran Bahia Principe El Portillo • 4 1/2★
All-Inclusive • Standard rm.
Oct. 3–24 • 1 wk.
PRIVILEGES
$799
+Taxes & other fees (including service charges): $326

Punta Cana via Toronto

Grand Bahia Principe Punta Cana • 4 1/2★
All-Inclusive • Junior suite
Oct. 2, 16 & 23 • 1 wk.
$869
+Taxes & other fees (including service charges): $326

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Dec. 20 • 1 wk.
FREE upgrade to oceanfront rm.
PRIVILEGES
$1499
+Taxes & other fees (including service charges): $280

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Dec. 20 • 1 wk.
PRIVILEGES
$1779
+Taxes & other fees (including service charges): $280

USA

HAWAII | Honolulu

Aqua Aloha Surf & Spa • 3★
Continental breakfast
Savvy saver - Moderate partial city view rm.
Oct. 31 & Nov. 14 • 1 wk.
$699
+Taxes & other fees (including service charges): $149

CRUISE

Carnival Cruise Lines[1]

Carnival Victory®
Southern Caribbean Cruise
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